

Fuel Up With Breakfast

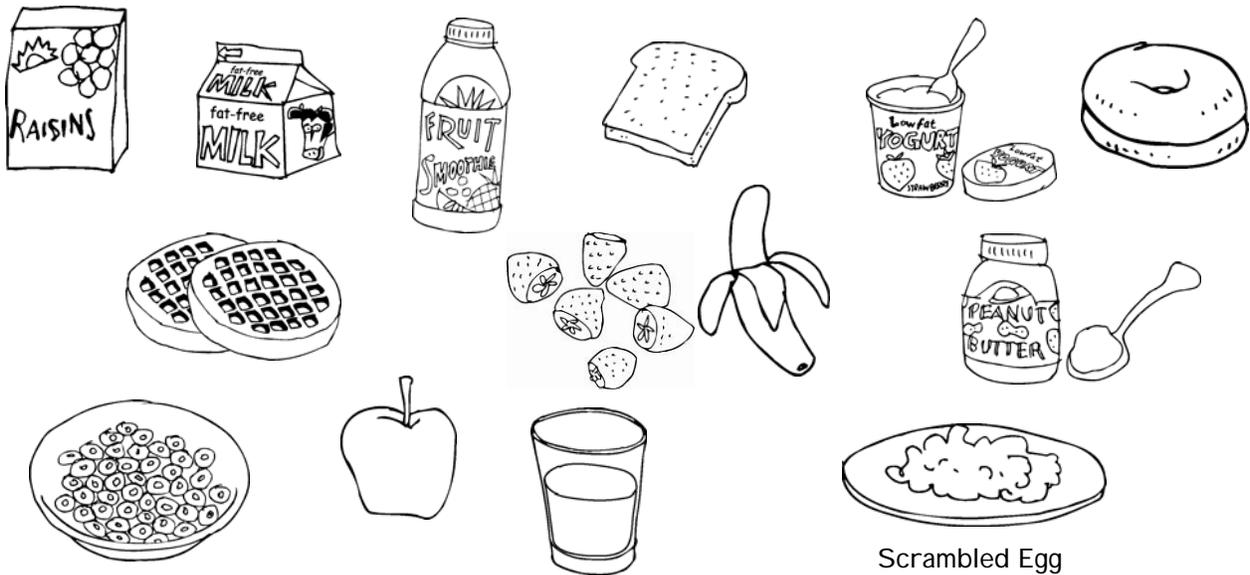
Name: _____



Put a check mark by the statements that are true about eating breakfast.

- _____ Breakfast helps you feel better.
- _____ Breakfast helps you pay attention in class.
- _____ Breakfast gives you energy to play and have fun.
- _____ Breakfast helps your body grow and be healthy.

Look at the foods below and put a circle around those you can eat at breakfast.



100% Juice

Scrambled Egg

Write what you will eat for breakfast tomorrow on the line below.

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 1st—Fuel Up With Breakfast.

Eat Smart Be Smart